

SPORTS

★ PT Prep

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups.

The aerobic portions focus on intense exercises—jumping jacks, sprints (in place), hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run.

PT Prep is **Mondays, Wednesdays and Fridays** at 6 a.m.

★ Run

The East Fitness Center holds the “Run for Your Life” program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.

★ AF sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men’s and women’s basketball, soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-r.afsv.af.mil/FT/> or call 846-1102.

★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.
Call 846-1102.

★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

★ Yoga

Join the **Saturday** Yoga Class at 11 a.m.

The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises.

★ Golf ‘tune-up’

“Make the Move to Improve!” with a spring “tune-up” at Tijeras Arroyo Golf Course.

February-April, the golf course offers golf tips, a large bucket of range balls and a takeout lunch **Tuesdays and Thursdays**, 11:30 a.m.-1 p.m.

The fee for sessions, limited to 10 golfers, is \$10 at the Pro Shop.
Call 846-1574.

★ Ride

Be a part of Air Force Cycling in the “Go for the Ride of Your Life.”

You can win T-shirts, caps, towels and water bottles.

Pick up a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

★ Swim to fitness

Water aerobics is open on a pay-by-the-day or pool pass basis at no additional charge.

Classes are **Mondays, Wednesdays and Fridays**, 11 a.m., and **Mondays and Wednesdays**, 5:30-6:30 p.m.

★ Handball club

The handball clubs takes no initiation fees or dues and has no meetings—just competitive handball games.

Courts 2 and 5 are reserved 11 a.m.-1 p.m. for challenge games.

New members are always welcome.

Call 846-2454.

★ Lobo Women

Tickets are available at Information, Tickets and Travel for Lobo Women’s Basketball games.

Game is **March 6**, Youth Day, for \$4.

Call 846-2924.

★ Aerobics class

The Low-Impact Aerobics class begins at 9:30 a.m. **Mondays, Wednesdays and Fridays**.

★ “Boot Camp”

Recall the glory days of boot camp while getting into shape.

Classes are **Wednesdays**, 5 p.m., at the East Fitness Center.

Call 846-1073.

★ Big Guns Club

Be a part of the Big Guns Club.



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To qualify, you must be able to complete 74/30 (men/women) push-ups, 20/2 pull-ups and bench press your weight and a half for men and bench press your weight for women.

Call 846-1102

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour. Call 846-1102.

★ Kayak roll

Another kayak roll clinic with safety techniques, wet exits, Eskimo rescue and rolling will be in **April**

in the Indoor Pool.

Fee is \$20 if you have gear and \$25 without.

At least five students must register for the class.

Call 846-1499.

★ Raquetball tourney

The New Mexico Raquetball Association Tournament will be held from **March 4-7**.

The East Fitness Center raquetball courts will be closed during the tournament.

★ Ski trips

Red River

Tomorrow \$58 per person from 5:30 a.m.-7 p.m.

Ski/Snowboard Rental, All day lift ticket, transportation and lesson
Call 846-1499.

Sipapu Tele Fest

March 6 \$50 per person 5:30 a.m.-midnight

Ski/Snowboard Rental, All day lift ticket, transportation and Tele Fest (includes: free Telemark demos,

clinics, races, ski movie, live band and prizes).

Angel Fire

March 13-14, \$190 a person from 4:30 a.m.-9 p.m.

Ski/Snowboard Rental, all day lift ticket, transportation and lesson.

Call 846-1275.

★ March Golf Special

Tijeras Arroyo Golf Course is offering a free oil and filter change in March. With the purchase of four green fees with all players taking a cart or an annual fee holder with three guest fees (also with four carts), you will receive one coupon (per four-some) for a free oil and filter change at the Kirtland Auto Skills Center.

This offer is valid **Monday through Thursday** and is not valid with any other specials. Call 846-1574 for more information.

★ Olympic Pool

Have you been keeping those

New Years resolutions? If not, it's not too late. The Kirtland Olympic pool has been renovated, looks great and has great opportunities for you to get back on track!

New in 2004 is free water aerobics to paying pool guests:

Whether you are paying for the day or have a pool pass, you can join pool aerobics classes at no additional charge, just show up and get a great work out!

Classes are held:

Mondays, Wednesdays and Fridays 10-11 a.m. and 11a.m.-noon
Mondays and Wednesdays 5:30-6:30 p.m.

★ Winter Golf Special

Every **Monday** through **Thursday**, excluding federal holidays, play a round of golf, receive the use of a cart and enjoy a Bogey Basket meal for only \$20.

That's a one-time savings of up to \$18.

Call 846-1574.

The Fitness Center can be reserved for unit fitness training. Call 846-1102.